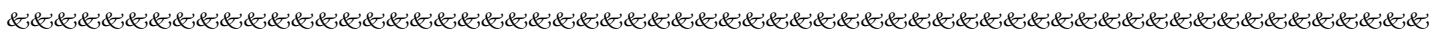




NEWSLETTER ♦ 118th Edition ♦ Jun 2023

Our Mission - To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.



EDITOR'S NOTE

- by Elaine Skaggs

It's my hope that all had a wonderful Memorial Day celebration, and that we all took some time to remember why we celebrate. Give thanks for all those whose sacrifice has given us the freedom we have today, as well as those close to us that we remember.

With Father's Day right around the corner and the warmer weather upon us, it seems we may have skipped springtime and are rolling full speed ahead into summer. It is a very busy time of year, however, with the end of school drawing near and graduations to attend and gardens to plant.

Again, this year I'll be doing a container garden on my deck, with one added challenge, I've managed to attract a family of squirrels to the deck. Being one of the few houses in my neighborhood with a back yard full of trees, they have chosen my location to build their nest in one of the trees, and feed on the deck, and I understand they love tomatoes, so I may

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UPCOMING EVENTS

Saturday June 17 – 1:00 pm – Restaurant outing at “I Love Tacos”, 9909 Taylorsville Rd, Jeffersontown, KY 40299. Join us for lunch and rate this restaurant on their handicap accessibility.

Sunday June 18 – All Day – HAPPY FATHER'S DAY!!

Monday June 19 – 6:00 to 7:30 pm – Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd, New Albany, IN, in the Conference Room

Saturday June 24 – 2:00 to 4:00 pm – Louisville meeting at Okolona Fire District, 8501 Preston Highway, Louisville, KY.

There will be a Caregivers Meeting during the June 24 meeting to be held in a separate room. All caregivers & friends are encouraged to attend!

There are lots more to come, including a game night and your favorite ice cream in July, and possibly a fall picnic on a free fishing weekend – dates all to be determined!



EDITOR'S NOTE (cont'd)

have a fight on my hands. I'll keep you posted on any remedies I find that work to keep them from taking a bite out of each tomato!

In addition to our regular meetings we had our first craft night last month on May 13 where we made two crafts for Father's Day and had some snacks. It was a lot of fun to visit with each other and learn to do something new.

If you have ideas or suggestions on activities in which you would like to participate, please contact any of the officers and we'll get things planned. In the meantime, be sure to check the **UPCOMING EVENTS** section that follows and join us for some fun activities.

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## JOINT HEALTH

Many times as amputees, our movements can cause additional stress on our sound limb joints. These nine tips can help you guard your joints against injury and keep them healthy for years to come.

A joint is the connection between two bones. Joints and their surrounding structures allow you to bend your elbows and knees, wiggle your hips, bend your back, turn your head, and wave your fingers to say bye-bye.

Smooth tissue called cartilage and synovium and a lubricant called synovial fluid cushion the joints so bones do not rub together. But increasing age, injury, or carrying too much weight can wear and tear your cartilage. This can lead to a reaction that can damage your joints and lead to arthritis.

The best way to care for your joints is to keep them and your muscles, ligaments, and bones strong and stable. Here are some tips for good joint health.

### **Watch Your Weight for Healthy Joints**

Keeping your weight within a healthy range is the best thing you can do for your joints.

*~ cont'd on Page 3 Column 1 ~*

## FATHER'S DAY

Did you know there are more than 70 million fathers in the United States? The campaign to celebrate the nation's fathers did not meet with the same enthusiasm as celebrating mothers – perhaps because, as one florist explained, “fathers haven't the same sentimental appeal that mothers have.”

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Today, the day honoring fathers is celebrated in the United States on the third Sunday of June: Father's Day 2023 occurs on June 18. Many men, however, continued to disdain the day. As one historian writes, they “scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products – often paid for by the father himself.”

During the 1920's and 1930's, a movement arose to scrap Mother's Day and Father's

*~ cont'd on Page 3 Column 2 ~*

## JOINT HEALTH (cont'd)

Weight-bearing joints, such as your knees, hips, and back, have to support some, if not all, of your body weight. That's why so many overweight people have problems with these areas of the body.

The higher the number on your bathroom scale, the more wear and tear you put on your joints. Losing weight reduces pressure on your knees, hips, and back and helps prevent joint injury. Research has shown that with every pound gained, a person puts four times more stress on the knees.

### Exercise for Healthy Joints

Exercise can help you lose extra pounds and maintain a healthy weight. Some research suggests that aerobic exercise – activities that get your heart rate up – can reduce joint swelling. If your joints bother you, opt for exercises that won't give your joints a pounding. Instead of step aerobics, try low-impact exercises such as swimming or bicycling.

Another healthy idea: Don't sit still! Couch potatoes, computer addicts, and all who remain glued to a chair all day long have a high risk for joint pain. Less movement means more stiffness in your joints. So get up and get moving. Change positions frequently. Take frequent breaks at work, and stretch or go for a short walk. If you can't leave the office, try taking phone calls while standing.

### Build Muscles to Support Joints

Strong muscles support your joints. If you don't have enough muscle, your joints take a pounding, especially your spine, hips, and knees, which must support your entire body weight. Weight training exercises help build muscle and keep your muscles and surrounding ligaments strong. That way, your joints don't have to do all the work.

A certified personal trainer can show you the best exercises for healthy joints and how to do them correctly. Doing them incorrectly increases the chance of injury.

### Help Joints With a Strong Core

Make sure your exercise routine includes activities that strengthen your core. That includes your chest, back, and abdomen.

Stronger abs and back muscles help you keep your balance and prevent falls that can

~ cont'd on Page 4 Column 1 ~

## FATHER'S DAY (cont'd)

Day altogether in favor of a single holiday, Parents' Day. Every year on Mother's Day, pro-Parents' Day groups rallied in New York City's Central Park—a public reminder, said Parents' Day activist and radio performer Robert Spere, “that both parents should be loved and respected together.”

Paradoxically, however, the Great Depression derailed this effort to combine and de-commercialize the holidays. Struggling retailers and advertisers redoubled their efforts to make Father's Day a “second Christmas” for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards.

When World War II began, advertisers began to argue that celebrating Father's Day was a way to honor American troops and support the war effort. By the end of the war, Father's Day may not have been a federal holiday, but it was a national institution. In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday at last. Today, economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts.

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QUOTE OF THE MONTH

"Any man can be a father, but it takes someone special to be a dad."

– Anne Geddes

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## NEWSLETTER ISSUES

*MOVING FORWARD* has been publishing newsletters since Sep 2013. To view or print previous issues, go to our website at: [ampmovingforward.com](http://ampmovingforward.com)

## JOINT HEALTH (cont'd)

damage your joints.

### Know Your Limits for Your Joints' Sake

Certain exercises and activities might just be too tough for your joints to handle at first. Go slow. Modify exercises that cause joint pain. Ask a trainer, physical therapist, or coach to help you with modifications. You will likely feel some muscle pain after working out for a few days, especially the second and third day. Listen to your body, and learn the difference between "threatening pain" and good muscle-building pain.

### Perfect Your Posture for Good Joints

Slouching is not good for your joints. Standing and sitting up straight protect your joints from your neck to your knees. Good posture also helps guard your hip joints and back muscles.

Posture is also important when lifting and carrying. For example, if you use a backpack, be sure to put it over both shoulders instead of slinging it over one. Being lopsided puts more stress on your joints. When lifting, use the biggest muscles in your body by bending at your knees instead of bending your back.

### Protecting Your Body Protects Joints

Make sure you always wear a helmet, knee pads, and elbow and wrist pads when taking part in high-risk activities, including work-related ones such as repetitive kneeling or squatting. Even if you think you're a pro on a bicycle or on a pair of Rollerblades, you should never go without safety gear. Hit the wrong bump in the road, and you could be headed for a lifetime of trouble. Serious injuries or several minor injuries can damage cartilage. Injuries can lead to long-term joint problems.

Elbow and wrist braces, or guards, also help reduce stress on your joints during activities.

### Add Ice for Healthy Joints

Ice is a great drug-free pain reliever. It helps relieve joint swelling and numbs pain. If you have a sore joint, apply ice wrapped in a towel or a cold pack to the painful area for no more than 20 minutes. Don't have ice or a cold pack? Try wrapping a bag of frozen vegetables (peas work best!) in a light towel. Never apply ice directly to the skin.

### Eating Right Nourishes Joints

Eating a healthy diet is good for your joints,

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## RECIPE OF THE MONTH

### BEST BANANA PUDDING

#### Ingredients

- 2 boxes Vanilla Wafers
- 6 to 8 bananas, sliced
- 2 cups of milk
- 1 (5 oz.) box French Vanilla pudding
- 1 (8 oz.) package cream cheese
- 1 (14 oz.) can sweetened condensed milk
- 1 (12 oz.) container frozen whipped topping thawed, or equal amount sweetened whipped cream

#### Instructions

1. Line the bottom of a 13×9 inch dish with 1 bag of cookies and layer bananas on top.
2. In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer.
3. Using another bowl, combine the cream cheese and condensed milk together and mix until smooth.
4. Fold the whipped topping into the cream cheese mixture.
5. Add the cream cheese mixture to the pudding mixture and stir until well blended.
6. Pour the mixture over the cookies and bananas and cover with the remaining cookies.
7. Refrigerate until ready to serve!





## JOINT HEALTH (cont'd)

because it helps build strong bones and muscles.

For your bones, make sure you get enough calcium every day. You can do this by eating foods such as milk, yogurt, broccoli, kale, figs, and fortified foods like soy or almond milk. If those foods don't tempt your taste buds, ask your doctor if calcium supplements are right for you.

For your muscles, you need to get enough protein. Exactly how much you need depends on your age, sex, and how active you are. Most Americans get enough protein. Good sources include lean meats, seafood, beans, legumes, soy products, and nuts. Go for a variety.

You also need vitamin D to keep your bones and joints in good health. Vitamin D helps your body absorb calcium from the foods you eat. Dairy products, many cereals, soy milk, and almond milk are fortified with vitamin D. You can ask your doctor about the proper amount of vitamin D and ways you can get it.

Oranges may also give your joints a healthy boost. Some studies suggest that vitamin C and other antioxidants can help keep your joints healthy.

– Kelli Miller, for WebMD

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